

Have you ever looked into the mirror and felt unhappy with how your body looks like? People these days are very concerned about their appearance, and I am not an exception. Being in this society, people would get judged by others in a blink of an eye, because usually the first thing anyone would notice about a person is how they look like and therefore being judged by their body size. People should not be judged upon just because of their body size. Like what Elizabeth Patch said, “Women should be measured by the lives we lead, not by the size we wear!”

There are so many people I know who have come to think that they are fat when they obviously are not. They would then start dieting or starving themselves in order to lose ‘fats’. I feel annoyed when they start to do these sort of things, because they are fine just the way they are. In fact, most of these people have even nicer bodies than I do. I would constantly tell them that they do not need to diet or starve themselves, instead, lose weight the healthier way if they have to.

Many times, I feel very self conscious, afraid of what people would say about my body size, comment that my legs are fat and so on. But now a days, I would brush that off, because I believe that everyone has a different definition of being skinny or fat. As for me, I believe that being skinny does not mean being beautiful. Sometimes, a skinny person can even look scary and unhealthy. Even being bigger sized bodies can be beautiful. Take plus sized models for an example. I feel that all of us should learn how to accept ourselves for what we have and learn to appreciate it, we should also learn to stop ostracizing people just because their body shape or size is different from ours, and find the good points in it.

Christina Aguilera once said, “I think that whatever size or shape body you have, it’s important to embrace it and get down!” Also, someone once told me that a healthy body is the most beautiful body. I personally wish that people would stop judging others by their body shape or sizes. As I slowly start to appreciate how my body is structured, I wish that others would do the same.